



## Ticks

### General Information

Be aware of ticks when working in areas with dense vegetation and high populations of cattle or large game mammals. Ticks hop onto your body as you brush against vegetation and burrow their heads into your skin. Deer ticks (smaller black and reddish-brown) are known to be carriers of Lyme disease and Rocky Mountain spotted fever, among other infectious bacteria.

### Preventative Measures

- Use insect repellent
- Wear light colored clothing
- Inspect your body for ticks when you are traveling through known tick habitat

### Removing Ticks

It takes about 12 to 24 hours for the spirochete that causes Lyme disease to be transmitted from the tick once it burrows into the skin. So, quick identification and removal of ticks is important.



NPS

Volunteers collecting ticks from vegetation.



NPS

Above are some common ticks: (from left to right) deer, Lone Star, and dog ticks. Below, a closer look at the Lone Star tick.



NPS

There are many methods of removing ticks; one is by using tweezers:

- Grab the tick as close to the skin as possible and slowly pull it out
- Do not pull or squeeze too hard—you do not want the head to rip out or fluids from the tick to leak into the wound
- Make sure to clean and sterilize the wound as well as your hands

### About Lyme Disease

Lyme Disease is a serious condition—the symptoms can occur a few days to a week after exposure and include headache, stiff neck, fever, muscle ache, flu-like symptoms, general malaise, and in many cases a rash or lesion. Medical attention should be sought if you notice signs of Lyme disease.